

Bok Choy

History

Boy choy has green leaves and white ribs that resemble a stalk of celery and curve at the end to form a bulb. It looks very similar to Swiss chard. The entire plant can be eaten raw or cooked. Bok choy is non-heading, meaning that the leaves do not form a ball, like lettuce or cabbage. It grows best in a cool environment. Hot weather causes the plant to flower, rather than produce leaves. A bok choy plant can be harvested within two months of planting.

Bok choy is used mostly in salads but can be found in stir-fry or soups. It is grown in California and Hawaii year-round and can be found seasonally in New York, Florida, New Jersey, Michigan, and Ohio. It is primarily grown and consumed in Asia.

You can find vitamin A and C in bok choy, as well as antioxidants, which work to protect the body from diseases and cancer. There is also vitamin K and calcium in bok choy, which aid in building strong bones.

Recipes

Bok choy pairs well with many other tastes and textures. Here are some ways to consider incorporating it into your meals:

- Sautee it and add to soups or other dishes
- Pair with recipes that include garlic, ginger, mushrooms, soy sauce, tofu, pork, fish, broth, vinegar, or citrus
- Steam and eat as a side vegetable
- Add it to stir fry

Fun Facts

- It is also called bok choi, pak choi, the Chinese chard, Chinese mustard, and Chinese white cabbage
- The name “bok choy” comes from the Chinese term for “soup spoon”
- Like other leafy, green vegetables, bok choy is a part of the brassicaceae family, which includes broccoli, Brussels sprouts, cabbage, cauliflower, turnips, arugula, and kohlrabi
- Farm land is limited in Singapore, so bok choy is grown vertically in 30-foot tall towers



This institution is an equal opportunity provider.